



Caregiver Corner

City of Alexandria
Division of Aging and Adult Services

"When we take care of one another, we take care of ourselves." ~ inspiremetoday.com

Caregiver Tip: Emergency Preparedness

Emergencies and disasters disrupt routines and make it more difficult to provide care for our vulnerable loved ones. Below are tips to help you prepare for the unexpected and keep your loved one safe during an emergency.

- [Make a Plan](#) - Keep three days of water, food, and medications available. Identify a friend or neighbor who can offer shelter in an emergency and inform friends and family members of the plan.
- [Smart 911](#) - This service provides first responders with names, physical descriptions, and other information that may be critical in an emergency.
- [Call. Click. Connect.](#) - Residents can use this service to report problems such as a damaged sign or sidewalk repairs, and request information and City services.

For more ideas on how to prepare for emergencies, read [5 Tips for Helping People with Alzheimer's During an Emergency](#).

Caregiver Support Group
Wednesday,
August 1, 2018
4-5:30 p.m. at the
Alexandria Adult Day
Services Center

Resources:

[New to Medicare Presentation:](#) Learn the basics of Medicare coverage and choices on August 22, 2018, 2 p.m.-3:30 p.m., at Burke Library, 4701 Seminary Road, Alexandria, VA 22304. This presentation is given by Medicare Counselors from the Division of Aging and Adult Services.

[Senior Cool Care Program:](#) Fans and air conditioning units are available for eligible seniors who need cooling in their home. Call the Division of Aging and Adult Services for more information at 703-746-5999.

For questions, comments or to remove your name from our mailing list, please email
DAAS@alexandriava.gov or call 703.746.5999.



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